

WE ARE IN THIS TOGETHER



**Congressman
Rob Wittman**
SERVING THE FIRST
DISTRICT OF VIRGINIA

IMPORTANT CORONAVIRUS RESOURCES:

Virginia Department of Health Hotline:
1-877-ASK-VDH3

Virginia Department of Health Website:
www.vdh.virginia.gov

CDC – Center for Disease Control
and Prevention:
CDC.GOV/CORONAVIRUS
1-800-232-4636

SBA – U.S. Small Business Administration:
SBA.GOV
1-800-659-2955

For more information on combatting
COVID-19:
wittman.house.gov/coronavirus

For more information on unemployment insurance:
www.vec.virginia.gov/unemployed

CONTACT CONGRESSMAN WITTMAN

HANOVER OFFICE
(804) 730-6595

TAPPAHANNOCK OFFICE
(804) 443-0668

STAFFORD OFFICE
(540) 659-2734

WASHINGTON, DC OFFICE
(202) 225-4261

Sign up for updates about the Coronavirus:
WITTMAN.HOUSE.GOV

United States Congress
House of Representatives
Washington, DC 20515

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CONGRESSMAN ROB WITTMAN

Together We Will Beat the Coronavirus and Be Better than Ever



“I would like to update you on the efforts Congress and the White House are taking to combat COVID-19. Our combined action as individuals, communities, states, and as a nation is what makes America great. Together, we will beat this. I have no doubt in my mind that America’s best days are ahead of us. Stay well.”



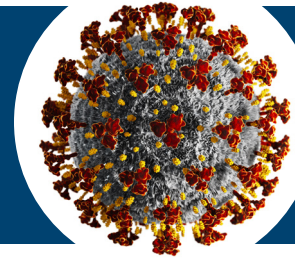

ROB WITTMAN
SERVING VIRGINIA'S FIRST DISTRICT

CONGRESSMAN ROB WITTMAN

Helping Virginia Families & Small Businesses

The best way to prevent illness is to avoid exposure.

The following are CDC recommended, everyday day preventative actions to slow the spread of Coronavirus:



- Wash your hands often with soap and water for at least 20 seconds
- Practice social distancing
- Avoid crowds or gatherings of over 10 people
- Avoid touching your eyes, nose, and mouth
- Cover your cough or sneeze with a tissue, discard the tissue
- Clean and disinfect objects and surfaces using a household cleaning spray or wipe

How the Bipartisan Coronavirus Relief Bills Will Help:

PHASE I: Coronavirus Preparedness & Response Supplemental

- Funding to increase testing, support treatments, and invest in vaccine development
- Resources to purchase essential medical equipment/supplies, and to fund the CDC, NIH, and state and local response efforts

PHASE II: Families First Coronavirus Response Act

- Free testing for Americans that need to be tested
- Paid sick and medical leave for workers
- Emergency nutritional assistance
- Protections and relief for small businesses
- Increased access to telehealth

PHASE III: CARES Act

- Directs financial assistance to working-class Americans, providing key immediate relief
- Emergency loans and resources available for small business so they can keep their doors open & pay employees
- Stabilizes key national industries that will protect jobs and functions important to America's economy
- Historic support for health care workers and hospitals who are fighting this virus
- Expands unemployment insurance to 4 months & makes it available for self-employed & independent contractors
- Keeps families in their homes
- Directs funding to state and local governments so they can continue to combat this crisis

For more information on combatting Coronavirus, please visit:
Wittman.House.Gov/coronavirus

To sign up to receive notifications of telephone town hall calls visit:

wittman.house.gov/forms/form/?ID=3